**Primary Care Management Guidelines**

**Blepharitis**

These guidelines are to assist GPs to monitor and manage their patients in a primary care setting until clinical thresholds indicate that tertiary care is required. The clinical thresholds are defined in the guidelines, and may require diagnostic support from a local optometrist or ophthalmologist. Providing a detailed diagnostic report will assist with the triage of your referral into the most appropriate clinic, within clinically appropriate timeframes.

### **Assessment**

Try and ascertain the possible cause of blepharitis:

* Does the patient suffer from eczema or other dermatitis?
* Does the patient suffer from acne rosacea?
* Does the patient suffer from scalp dandruff?
* Does it look like an allergic reaction?

### **Primary Care Management**

* Recommend warm compresses followed by lid scrub with baby shampoo and warm water.

The eyelid should be cleaned every morning and night for 3-4 weeks until symptoms improve, then twice a week, to maintain eyelid hygiene. If symptoms return start daily cleaning again.

* Contact lenses and make up can further aggravate the condition and should not be worn during treatment.

### **When to refer to the Eye and Ear**

* No relief of symptoms with compresses and lid scrubs.
* Significant irritation and discomfort after several months of recommended treatment.
* Intermittent fluctuation of vision.

### **Information to include on the referral letter**

* Best corrected vision (or with pinhole)
* Symptoms
* Duration of problem
* Treatment initiated and the results

### **More information**

Return to our [Primary Care Management Guidelines](http://www.eyeandear.org.au/page/Health_Professionals/Referring_to_the_Eye_and_Ear/Pre-referral_guidelines)

Go to our [Referral Guidelines](http://www.eyeandear.org.au/page/Health_Professionals/Referring_to_the_Eye_and_Ear/Referrals)

[Factsheets](http://www.optometry.org.au/media/452259/nl_optometry_scope_of_practice_gp_2_page.pdf) for GPs on what services optometrists can provide, optometrists scope of practice and [how to find a local optometrist](http://www.optometry.org.au/vic/find-an-optometrist/).

Information on the [Australian College of Optometry](http://aco.org.au/) and services they provide